

WINTER WALK

Saturday, January 26, 10 a.m. - Noon

Winter Walk is a **FREE** annual event held in the Walnut Creek Linear Park that promotes physical activity and a healthy life style. Participants are encouraged to run, jog, walk or bike the Walnut Creek Linear Park. This year the route will begin at Rose Park and end at Town Park with **FREE** activities and snacks. Dogs on leashes and strollers welcome.

Start: 10 a.m. at Katherine Rose Memorial Park

End: Town Park

Free Activities:

- Blood pressure checks
- Healthy Lifestyle vendors
- Pet toy giveaways
- 5-minute massages
- Healthy snacks and drinks
- MISD student nutrition program
- Children's entertainment

*First 100 participants
will receive a FREE gift.*



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Please contact the Mansfield Activities Center for more information at 817-453-5420.

Thanks to our sponsors!

